Bladder diary

Your bladder diary helps us understand your symptoms more clearly, so we can support you with the right care.

Over the next **three days and nights**, please keep track of:

- when and how much fluid you drink
- when and how much urine you pass
- how often you feel a sudden, urgent need to go
- any time you leak urine

Keeping the diary for a few days gives us a fuller picture of your bladder health. One day alone might not show the full story.

How to fill in your diary

- Keep your diary for three days in a row.
- Write down everything you drink and when.
- Note each time you pass urine and how much, if you can measure it.
- Mark if you had any leaks and what you were doing at the time (like coughing, laughing or exercising).
- Try to be as accurate and honest as you can.

Tip

You can use a measuring jug to track how much fluid you drink and how much urine you pass. If you're not able to measure, you can note it down as small, medium or large, this still gives us a helpful guide.

Day one:

Using the box below, note the time you woke up and went to bed, how many pads you wore, and if you changed clothes.

Time	What I drank and how much?	Did I pass urine?	How much urine did I pass?	Was it urgent?	Did I leak?	What was I doing?

Day two:

Using the box below, note the time you woke up and went to bed, how many pads you wore, and if you changed clothes.

Time	What I drank and how much?	Did I pass urine?	How much urine did I pass	Was it urgent?	Did I leak?	What was I doing?

Day three:

Using the box below, note the time you woke up and went to bed, how many pads you wore, and if you changed clothes.

Time	What I drank and how much?	Did I pass urine?	How much urine did I pass	Was it urgent?	Did I leak?	What was I doing?